



Race a faster sprint tri in six weeks

Start the season as you mean to go on, with **Phil Mosley's** speed-boosting sprint triathlon plan

If you want to excel at triathlon but don't have many spare hours, sprint-distance races are ideal. The format is 750m swim, 20km cycle and 5km run, which lends itself to speed-based training, rather than pure endurance.

The key to getting good at sprint triathlon is to polarise your training. Either train fast, train easy or take a rest day. This training plan takes you through the process in just six weeks, factoring in recovery at the right times. It'll take just over five hours per week, including six workouts and a rest day.

There are three key sessions per week, during which you'll need to either run, swim or bike hard for short bursts. These are the ones that'll make you fast. There are also some easier sessions, where you train at lower speeds but with good technique. It's important to make a distinction between the two types of sessions, so you recover on the easy days and attack the hard ones.

The downside to a sprint triathlon is that small things can make a big difference. For example, on race day you might lose a minute because you

make a mistake in transition. In such a short race it might lose you 10 places overall. So perhaps enter a few low-key races before you attempt one that's important to you.

Beyond the six weeks, stick with this training routine and build on it gradually. This allows your fitness to increase at a steady rate and helps avoid injury. Provided you've trained to some extent through the winter, you should reach peak fitness after 12 to 16 weeks of this plan, but even six weeks should make you faster. As you get to within six weeks of your big race, include a weekly "brick" session. For example, cycle 2x10mins at target race pace, then a 3km hard run.

Swap the workouts around if it helps you fit them in. The important thing is that you allow yourself adequate time to recover. If you feel excessively tired, take two days off initially.

For simplicity's sake the swims are given as Main Set only. In addition you should incorporate a warm up and warm down – a few hundred metres of front crawl, drills, backstroke and kicking. And for warm downs, do at least five minutes of gentle swimming. We also recommend you include a weekly coached session or one-to-one lessons if possible.

**?
IS THIS PLAN
FOR YOU?**

Goal
To quickly get sprint-triathlon fit in just over five hours per week

Timescale
6 weeks

Start point
Cycle 90mins, Run 40mins, Swim 400m non-stop

Level
Intermediate to advanced

6 WEEK PLAN TRAINING ZONES GUIDE

	DESCRIPTION	HEART RATE (%MAX)	RPE 1-10	ACCUMULATED	INTENSITY
21	Recovery	55-70	<2	1-6hrs	Easy
22	Endurance	70-75	2-3	1-3hrs	Steady
23	Tempo	75-80	3-4	50-90mins	Comfortable
24	Threshold	80-88	4-6	10-60mins	Uncomfortable
25	Vo ₂ max	89-100	>7	12-30mins	Hard to very hard

KEY

WU Warm up, MAIN Main set, WD Warm down, FC Front crawl, PULL Front crawl with a pull-buoy float between your thighs, KICK Kick with a float held out in front, SECS seconds, Z1 Training Zone 1, Z2 Training Zone 2 Z3 Training Zone 3, Z4 Training Zone 4, Z5 Training Zone 5, DRILL Your preference of swim technique drill, BUILD Do each rep slightly faster than the previous, BACK Backstroke, BREAST Breaststroke



	DAY		ESSENTIAL WORKOUT		OPTIONAL WORKOUT
WEEK 1	Mon	Swim (speed)	MAIN 3x(4x50m FC sprint in Z5 + 45secs rests, 200m PULL Z1)	Strength	Group Pilates or core stability class
	Tue	Run (endurance)	WU 15mins in Z2 MAIN 10mins in Z2/Z3 WD 15mins in Z2		RECOVERY
	Wed	Swim (endurance)	MAIN All with 15secs rests: 100m FC Z2, 100m KICK Z2, 200m PULL Z2, 100m KICK Z2, 400m FC Z2, 100m KICK Z2, 200m PULL Z2, 100m KICK Z2, 100m FC Z2		RECOVERY
	Thur	Run (speed)	WU 5mins in Z2, 5mins as (15secs in Z4, 45secs in Z2) MAIN 3x(5x200m in Z5 +20secs rests) +3mins rests WD 5mins in Z2		RECOVERY
	Fri		RECOVERY	Stretch	Group yoga or stretch class
	Sat	Bike (endurance)	Steady road ride in Z2		RECOVERY
	Sun	Bike (speed)	WU 15mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 2x10mins in low Z4 + 5mins rest in Z1 WD 15mins in Z2		RECOVERY
WEEK 2	Mon	Swim (speed)	MAIN 8x100m FC as (50m Z5, 50m Z2) +15secs rests, 300m as (25m KICK Z2, 50m FC Z3), 4x100m FC as (50m Z2, 50m Z5) +15secs rests	Strength	Group Pilates or core stability class
	Tue	Run (endurance)	WU 15mins in Z2 MAIN 15mins in Z2/Z3 WD 15mins in Z2		RECOVERY
	Wed	Run (speed)	MAIN All with 15secs rests: 400m FC Z3, 100m KICK Z2, 300m PULL Z3, 200m as (50m BACK, 50m BREAST) Z2, 300m as (25m KICK, 50m FC) Z2, 200m FC Z3		RECOVERY
	Thur	Run (endurance)	WU 5mins in Z2, 5mins of (15secs in Z4, 45secs in Z2) MAIN 7x400m in Z5 +2mins jog rests WD 5mins in Z2		RECOVERY
	Fri		RECOVERY	Stretch	Group yoga or stretch class
	Sat	Bike (endurance)	Steady road ride in Z2		RECOVERY
	Sun	Bike (speed)	WU 15mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 6x3mins in Z5 +3mins rests in Z2 WD 5mins in Z2		RECOVERY
WEEK 3	Mon	Swim (speed)	MAIN 10x100m (50m FC Z4, 50m FC Z2) +20secs rests	Stretch	Group Pilates or core stability class
	Tue	Run (recovery)	WU 10mins in Z2 MAIN 10mins in Z2/Z3 WD 10mins in Z2		RECOVERY
	Wed	Swim (recovery)	MAIN All with 15secs rests: 400m FC in Z2, 300m PULL in Z3, 200m BACK/BREAST in Z2, 100m KICK in Z3		RECOVERY
	Thur	Run (speed)	WU 5mins in Z2, 5mins of (15secs in Z4, 45secs in Z2) MAIN 2x(5x200m in Z5 +20secs rests) +2mins rests WD 5mins in Z2		RECOVERY
	Fri		RECOVERY	Stretch	Group yoga or stretch class
	Sat	Bike (recovery)	Steady road ride in Z2		RECOVERY
	Sun	Bike (speed)	WU 15mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 10mins in low Z4 WD 10mins in Z2		RECOVERY



	DAY		ESSENTIAL WORKOUT		OPTIONAL WORKOUT
WEEK 4	Mon	Swim (speed)	MAIN 6x200m alternating (50m FC in Z3, 50m PULL in Z2, 50m FC in Z5, 50m PULL in Z1) +30secs rests	Strength	Group Pilates or core stability class
	Tue	Run (endurance)	WU 15mins in Z2 MAIN 20mins in Z2/Z3 WD 15mins in Z2		RECOVERY
	Wed	Swim (endurance)	MAIN All with 15secs rests: 100m FC Z2, 100m KICK Z2, 200m PULL Z2, 100m KICK Z2, 400m FC Z2, 100m KICK Z2, 200m PULL Z2, 100m KICK Z2, 100m FC Z2		RECOVERY
	Thur	Run (speed)	WU 5mins in Z2, 5mins of (15secs in Z4, 45secs in Z2) MAIN 2x(5x300m in Z5 +30secs rests) +3mins rests WD 5mins in Z2		RECOVERY
	Fri		RECOVERY	Stretch	Group yoga or stretch class
	Sat	Bike (endurance)	Steady road ride in Z2		RECOVERY
	Sun	Bike (speed)	WU 15mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 2x15mins in low Z4 + 5mins rest in Z1 WD 5mins in Z2		RECOVERY
WEEK 5	Mon	Swim (speed)	MAIN 4x100m FC in Z4 +30secs rests, 4x100m KICK in Z3 +30secs rests, 4x100m PULL in Z4 +30secs rests	Strength	Group Pilates or core stability class
	Tue	Run (endurance)	WU 15mins in Z2 MAIN 10mins in Z2/Z3 WD 15mins in Z2		RECOVERY
	Wed	Swim (endurance)	MAIN 10x200m as (100m FC in Z2, 50m FC in Z4, 50m FC in Z2) +30secs rests		
	Thur	Run (speed)	WU 5mins in Z2, 5mins of (15secs in Z4, 45secs in Z2) MAIN 4x800m in upper Z4 +3mins jog rests WD 5mins in Z2		RECOVERY
	Fri		RECOVERY	Stretch	Group yoga or stretch class
	Sat	Bike (endurance)	Steady road ride in Z2		RECOVERY
	Sun	Bike (speed)	WU 15mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 4x5mins in upper Z4 + 3mins rest in Z2 WD 10mins in Z2		RECOVERY
WEEK 6	Mon	Swim (speed)	MAIN 5x200m as(100m FC Z4, 100m FC Z2) +45secs rests	Strength	Group Pilates or core stability class
	Tue	Run (recovery)	WU 10mins in Z2 MAIN 10mins in Z2/Z3 WD 10mins in Z2		RECOVERY
	Wed	Swim (recovery)	MAIN All with 15secs rests: 400m FC in Z2, 300m PULL in Z3, 200m BACK/BREAST in Z2, 100m KICK in Z3		RECOVERY
	Thur	Run (speed)	WU 5mins in Z2, 5mins of (15secs in Z4, 45secs in Z2) MAIN 3x400m in Z5 +2mins jog rests WD 5mins in Z2		RECOVERY
	Fri		RECOVERY	Stretch	Group yoga or stretch class
	Sat	Bike (recovery)	Steady road ride in Z2		RECOVERY
	Sun	Bike (speed)	WU 15mins in Z2, 5mins as (20secs in Z5, 40secs in Z1) MAIN 3x3mins in Z5 +3mins rests in Z2 WD 5mins in Z2		RECOVERY